



NEW YORK STATE SENATOR

Patty Ritchie

## Resolve to Stay Safe This New Year's Eve

PATTY RITCHIE December 22, 2014

| ISSUE: **CONSTITUENTS CORNER**

### Senator Ritchie's Weekly Column

New Year's Eve is a time to reflect on the past year and celebrate the 365 days to come. Whether you're heading out to join friends and family or hosting a gathering in your own home, it's important that you plan ahead to stay safe as you ring in the New Year:

***Plan ahead when it comes to transportation:*** If you're heading out with friends, be sure to select a designated driver or have the numbers to several reliable cab companies—or a friend or family member who won't be imbibing—readily available.

***If you drink, drink safely:*** If you plan on drinking, it's a good idea to alternate alcoholic drinks with other beverages like soda or water. Additionally, snacking while drinking—especially on high-protein foods like nuts, lean meats and cheeses—will help to slow down the absorption of alcohol in your digestive tract.

***Stay off the roads—even if you're sober:*** While you can control your own actions by not drinking and driving on New Year's Eve and New Year's Day, you can't stop others from doing so. Avoid what are two of the most dangerous days for alcohol related crashes by staying off the roads completely, even if you're sober.

***Be a good host:*** Hosting a party? You can make sure your guests stay safe by naming a designated driver ahead of time, preparing a list of cab companies and offering non-alcoholic drinks as an option.

Turning the calendar page to a New Year is cause for celebration—but make sure you follow the above tips to do so responsibly. Best wishes to you and your loved ones for a safe, healthy and happy New Year.